Sesame Chicken

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

three pound broiler-fryer, cut up
1/4 cup toasted sesame seeds
1/2 cup flour
1 egg, slightly beaten
1/2 cup milk
1/4 cup butter, melted
1 teaspoon salt
1/4 teaspoon fresh ground black pepper

Preheat the oven to 350 degrees.

In a heavy skillet, toast the sesame seeds over slightly higher than medium heat, stirring constantly, until they begin to brown. (Or spread them in a cake pan or pie plate and toast them in a hot 400 degree oven for 12 to 15 minutes.)

Blend the toasted sesame seeds with the flour.

In separate soup plates, place the egg blended with the milk, the flour-sesame seed mixture and the melted butter. Dip the pieces of chicken first in the egg-milk plate, then in the flour plate and then roll in the melted butter.

Sprinkle with salt and pepper. Place the chicken in a well-buttered shallow casserole.

Bake, uncovered, for about one hour or until tender.

Per Serving (excluding unknown items): 241 Calories; 18g Fat (65.2% calories from fat); 6g Protein; 16g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 686mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 3 1/2 Fat.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	241	**Vitamin B6 (mg):**	.1mg
% Calories from Fat:	65.2%	**Vitamin B12 (mcg):**	.3mcg
% Calories from Carbohydrates:	25.5%	**Thiamin B1 (mg):**	.2mg

% Calories from Protein:	9.3%	**Riboflavin B2 (mg):**	.2mg
Total Fat (g):	18g	**Folacin (mcg):**	20mcg
Saturated Fat (g):	9g	**Niacin (mg):**	1mg
Monounsaturated Fat (g):	6g	**Caffeine (mg):**	0mg
Polyunsaturated Fat (g):	2g	**Alcohol (kcal):**	0
Cholesterol (mg):	88mg	**% Refuse:**	0.0%
Carbohydrate (g):	16g		
Dietary Fiber (g):	2g		
Protein (g):	6g		
Sodium (mg):	686mg		
Potassium (mg):	118mg		
Calcium (mg):	63mg		
Iron (mg):	2mg		
Zinc (mg):	1mg		
Vitamin C (mg):	trace		
Vitamin A (i.u.):	538IU		
Vitamin A (r.e.):	137RE		

Food Exchanges

Grain (Starch):	1
Lean Meat:	1/2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 241	Calories from Fat: 157

	% Daily Values*
Total Fat 18g	27%
Saturated Fat 9g	44%
Cholesterol 88mg	29%
Sodium 686mg	29%
Total Carbohydrates 16g	5%
Dietary Fiber 2g	7%
Protein 6g	

Vitamin A	11%
Vitamin C	1%
Calcium	6%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.